



## METHODS TRAINING DATES 2014

Methods trainings are a series of ten skill-building training sessions created by the David P. Weikart Center for Youth Program Quality. The Office of Youth Development (OYD) and BLOCS Coordinating Council will offer a different training twice each month for those who work with youth in our community. The Methods trainings are based on positive youth development and created with safe environment, supportive environment, interaction and engagement in mind. These interactive training sessions are hands-on, and designed to provide participants with practical skills to improve the quality of our interactions with youth.

There is a limit of 25 participants per training. If interested in more information, please contact [felicia.young@louisvilleky.gov](mailto:felicia.young@louisvilleky.gov) or 502-574-5250.

### Methods Training Series:

#### Introduction to the Active-Participatory Approach

**January 14 and 30**

An overview of methods in general.

#### Active Learning

**February 11 and 20**

Do you know the difference between active learning and “hands-on” learning? Giving youth materials is just the beginning. This interactive session introduces the “ingredients” of active learning, explains the role that active learning plays in the experiential learning cycle, and helps participants create more powerful learning opportunities for youth.

#### Ask-Listen-Encourage

**March 4 and 27**

Do you communicate with youth in a way that makes them feel supported and heard? This interactive session introduces various communication techniques that help you build more supportive, youth-centered relationships. Participants will learn how to ask more effective questions, to listen actively to youth, and offer youth encouragement rather than praise.

#### Youth Voice

**April 8 and 25**

Are you providing young people with authentic, meaningful choices throughout your program? Does your program reflect the input of the youth involved? Research shows that quality programs incorporate youth input at both activity and organizational levels. This session will emphasize the importance of offering real choices and meaningful participation to youth, and nurturing youth leadership. This interactive session is focused on providing meaningful choice within activities and opportunities for youth input within the youth program itself.

**Cooperative Learning****May 6 and 29**

Do the youth in your program have opportunities to work together in groups, teaching and learning from each other? Cooperative learning is an excellent way to nurture youth leadership, build community, and keep things fun. This interactive session will equip participants with grouping strategies and ways to think about building cooperative learning into any program offering.

**Homework Help****August 5**

Homework Help is an essential component of many youth programs, but too often it's a time for youth to work quietly while the adults supervise. This interactive session introduces participants to the relationship ABC's (Ask and Listen, Be involved, and Connect) as well as the concept of "focus". These elements help participants reconsider Homework Help as another opportunity to build relationships and nurture positive growth, beyond getting the work done.

**Planning and Reflection****September 2 and 25**

Are you engaging youth in the critical life skills of planning and reflection? Are you ready to be more intentional about including planning and reflection strategies into your daily routine and activities but not sure where to start? This interactive session will introduce participants to powerful and easy to use methods that promote youth engagement in planning, implementing, and evaluating activities and projects.

**Reframing Conflict****October 7 and 30**

What role do you play in conflict situations with the youth in your program? Do you know how to turn a conflict situation into an opportunity for growth? This interactive session introduces participants to the High/Scope step-by-step model for reframing conflict as well as general principles of conflict resolution.

**Structure and Clear Limits****November 4 and 20**

How do you prevent chaos in a youth environment without stifling youth's positive energy? Youth need structure and clear limits in order to feel safe. This interactive session helps participants analyze the level of structure in their programs and practice identifying and maintaining clear limits.

**Building Community****December 2**

Do you know what it takes to build an emotionally and physically safe space for youth? Building an emotionally safe community of peers and adults is essential for youth to learn and develop as individuals. This interactive session will introduce participants to a variety of activities designed to support the community building process.